

HEALTH STATUS

How would you say your general health is?

- Ten percent and 12% of Montana adults described their general health as “fair” or “poor” in 1997 and 1998, respectively.
- Since 1993, the percentage of adults reporting “fair” or “poor” health has remained constant.
- Significantly more older adults (45 and older) reported “fair” or “poor” health than did younger adults.
- Adults with less than a high school education had significantly higher percentages of “fair” or “poor” health compared to adults with higher levels of education.
- Adults with lower annual household income (<\$20,000) more frequently reported “fair” or “poor” health compared to adults with higher income earnings.

How many days during the past month was your physical health not good?

- Thirty percent of Montana adults in 1997 and 1998 indicated that their physical health was not good on one or more days in the previous month.
- Significantly more females (34%) than males (26%) reported that their physical health was not good on one or more days in the previous month.
- Adults with less than a high school education were significantly more likely to report at least one day of poor physical health (41%) than adults with higher levels of education (27% to 31%).
- Percentages of those reporting one or more days of poor physical health increased with decreasing level of annual household income. Significantly fewer adults with annual household incomes greater than \$50,000 (23%) reported poor physical health than adults with income less than \$10,000 (39%).

How many days during the past month was your mental health not good?

- Thirty percent of Montana adults in 1997 and 28% in 1998 reported that there were one or more days during the past month when their mental health was not good. This percentage has been relatively stable since 1994.
- Females reported one or more days of poor mental health significantly more frequently (35%) than did males (22%).
- The percentage of adults reporting one or more days of poor mental health declined with increasing age class. The percentage of adults 65 and older reporting poor mental health (13%) was significantly lower than younger age classes (27% to 39%).
- Significantly fewer adults with annual household incomes greater than \$50,000 reported one or more days of poor mental health than adults in lower income brackets.

Table 3. Health Status of Montana Adults, 1997 and 1998 (with 95% confidence intervals).

	Fair or poor health				Physical health not good 1+ days in past month				Mental health not good 1+ days in past month			
	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)
All Adults:												
1997	1798	203	10	(1)	1767	555	30	(2)	1757	534	30	(2)
1998	1800	226	12	(2)	1772	537	30	(2)	1757	496	28	(2)
Combined	3598	429	11	(1)	3539	1092	30	(2)	3514	1030	29	(2)
Sex:												
Male	1546	154	9	(2)	1528	404	26	(2)	1515	331	22	(2)
Female	2052	275	13	(2)	2011	688	34	(2)	1999	699	35	(2)
Age:												
18 - 29	610	23	4	(2)	607	200	33	(4)	604	243	39	(5)
30 - 44	1126	71	6	(1)	1111	349	30	(3)	1099	391	34	(3)
45 - 64	1086	154	14	(2)	1071	326	29	(3)	1059	297	27	(3)
65+	771	179	23	(3)	745	215	29	(4)	747	98	13	(2)
Education:												
<High School	359	97	24	(5)	339	137	41	(6)	340	91	28	(6)
High School	1172	162	13	(2)	1160	341	29	(3)	1149	303	27	(3)
Some College	1090	109	9	(2)	1070	338	31	(3)	1064	338	31	(3)
College Degree	972	59	6	(1)	965	27	27	(3)	956	297	29	(3)
Income:												
<\$10,000	175	48	24	(7)	164	70	39	(8)	168	69	38	(8)
\$10,000 - \$19,999	563	101	17	(4)	555	193	32	(4)	549	200	35	(4)
\$20,000 - \$34,999	983	87	8	(2)	970	303	31	(3)	964	284	29	(3)
\$35,000 - \$49,999	561	27	5	(2)	557	160	29	(4)	555	175	31	(4)
\$50,000+	504	19	4	(2)	500	118	23	(4)	498	121	23	(4)
Race:												
White, non-Hispanic	3349	387	11	(1)	3294	1006	30	(2)	3275	949	28	(2)
Non-white or Hispanic	238	40	16	(5)	234	84	35	(7)	229	76	35	(8)

When data from 1997 and 1998 were available, 2 years of data were combined for subpopulation estimates.

Figure 1. Self-Reported Health Status of Montana Adults by Type, 1993-1998.

